

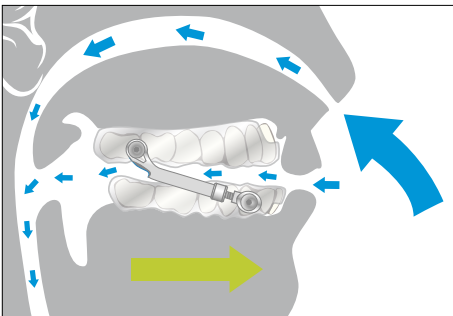
# IST<sup>®</sup>-Appliance

Snoring is not only a widespread acoustical phenomenon, but it can also indicate a serious and potentially life-threatening health problem. A considerable part of the population suffers from breathing problems during sleep, e.g. obstructive sleep apnea (OSA), which can be the reason for different heart diseases. An appropriate diagnosis is necessary to distinguish ordinary snoring from OSA. The diagnosis is made by sleep physicians, pulmonologists, ear, nose and throat specialists, sleep disorder centres and dental professionals. A parameter may be the Apnoe-Hypopnoe-Index (AHI) as well as the measuring of oxygen saturation of the blood by a pulse oxymetry, the CO<sub>2</sub> concentration of the blood and the vigilance of the patient.



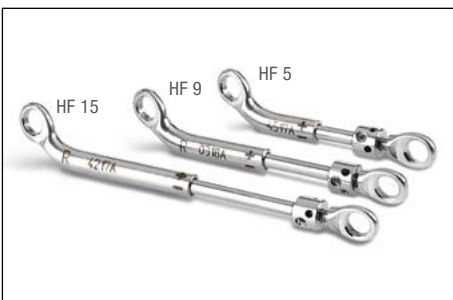
Thanks to interdisciplinary cooperation with dentists many cases of snoring and obstructive sleep apnea can be treated successfully with the Intraoral Snoring Therapy Appliance (IST<sup>®</sup> appliance). The IST<sup>®</sup> appliance suppresses snoring by moving the lower jaw forward. This measurably reduces the obstruction in the pharyngeal area.

The forward position of the mandible is achieved using vestibular guided telescopes. This construction allows a controlled protrusion of the lower jaw without impairing the tongue space, to maximize patient acceptance.



The unique construction of the telescopes offers very important advantages:

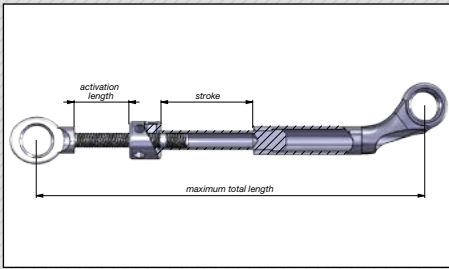
- /// The protrusion of the lower jaw can be modified up to 3 - 5 mm by means of a thread.
- /// An end stop in the guiding sleeve prevents the telescope from disengaging, so that problems associated with loose intraoral hardware can be reduced.
- /// The mounting of the telescopes on the fastening parts is made by special O-rings (or optionally by secured hexagon socket screws) to exclude the danger of swallowing or aspirating parts which might come off.



The telescopes are available in three different lengths (HF 5 / HF 9 / HF 15). The choice of the length is subject to the distance between the fixing points to be determined between lower canine and upper molar. The necessary fastening elements are polymerized into 2 mm hard-elastic DURAN<sup>®</sup> pressure moulded splints.

Advantages of this construction:

- /// Perfect breathing through the mouth.
- /// Increased compliance of the patient by small size.
- /// Controlled lateral and vertical tolerances help to minimize negative effects on the temporomandibular joints.



	Minimum length	Maximum length	Stroke	Length to be activated	$\left(4 \times \frac{1}{4}\right)$
Telescope HF 5	20 mm	28 mm	5 mm	3 mm	0.25 mm
Telescope HF 9	25 mm	39 mm	9 mm	5 mm	0.25 mm
Telescope HF 15	31 mm	51 mm	15 mm	5 mm	0.25 mm



A bite registration in protrusion is mandatory for the fabrication of an IST® device.



Information on the fabrication can be found here.



The positioning aid for the IST® fastening elements guarantees the greatest possible lateral movements. It provides the exact angle position in accordance to the 12° angulation of the upper jaw telescopes. The teflon bushes avoid at the same time impurities on the axes of the fixing elements when polymerizing.

The safety key enables the controlled adjustment of the guiding telescopes directly in the mouth by using the protrusion nut. The protrusion direction is characterized by a lasered marking ( $\pm$ ). Fix the alastik chain on the right and left side if necessary, thus increasing the efficiency and preventing the lower jaw from opening during sleep.

Product contains nickel. Make sure not to use product in case of allergic reactions. For composition, please visit [www.scheu-dental.com/en/service/data-sheets](http://www.scheu-dental.com/en/service/data-sheets). Please also ask for our courses on intraoral snoring-therapy at [www.scheu-dental.com/en/scheu-academy](http://www.scheu-dental.com/en/scheu-academy)

## Delivery program

// Telescope HF 5	1 pair	#5449
// Telescope HF 9	1 pair	#5454
// Telescope HF 15	1 pair	#5444
// IST® Kit HF 9	1 kit	#5461
incl. 2 telescopes, 4 DURAN® (2.0 mm), 4 ISOFOLAN®, DURASPLINT® resin, 4 fastening elements with O-ring, 4 SCHEU-anchors, alastik chain, silicone tube, security key, SD box for patient, occlusion trainer, 2 CETRON® cleansing powder bags of 15 g, instructions and patient information.		
// O-rings for IST® appliance	10 pcs.	#5466
// Fastening elements for IST® appliance with o-rings	4 St.	#5468
// Positioning aid for IST®	1 pc.	#5469
// Fastening elements for IST®/Herbst appliances, with hexagon socket screw	4 pcs.	#5457
// GEORGE GAUGE™ bite registration kit incl. 3 bite forks	1 set	#5471
// GEORGE GAUGE™ bite fork 5 mm, small	10 pcs.	#5473
// GEORGE GAUGE™ bite fork 5 mm, large	10 pcs.	#5462
// Bite Fix® bite registration	1 pc.	#5474
// Bite Fix® bite forks	10 pcs.	#5475
// Security key	1 pc.	#2100
// SIL-KITT, transparent	150 g	#3443
// SIL-KITT, red	150 g	#3442
// SCHEU Anchor (ball clasps) Ø 0.8 mm	10 pcs.	#2050
// Alastik chain without link, clear (smile-dental)	1 pc.	#03-0112
// SD Cyano Veneer Fast/1 ampulla of 5 g	1 pc.	#3701
// SD Pipettes	25 pcs.	#3703

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